



**BARNSTABLE COUNTY  
DEPARTMENT OF HUMAN SERVICES**

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## Regional Substance Use Council

**September 5, 2019**

**Harborview Conference Room**

Barnstable County Complex, 3195 Main St., Barnstable

Conference Call-In Line **(Pre-arrange with Vaira): 605-313-5104; Access Code: 709227#**

### AGENDA

1. Welcome and Introductions
2. Business: Review and approve minutes of the June 6<sup>th</sup>, 2019 meeting.
3. Update: Leadership Team meeting of 7/31/19:
  - a. Meeting frequency
  - b. Future meeting topics
  - c. Earmarks updates
  - d. Collaboration with RIZE MA Foundation on *Together in Recovery* initiative (see attached factsheet)
4. Workgroup Updates:
  - a. Prevention    Harm Reduction    Treatment    Recovery
5. **Presentation by Paul Dart, Pause A While, Inc.**, a center for recovery in Orleans MA. The Pause is not affiliated with any 12-Step recovery organization and is an independent 501c(3). See attached factsheet.

Next Meeting: **October 3, 2 pm**, Location TBD. This will be the RIZE meeting regarding pathways to recovery.

If you are deaf or hard of hearing or a person with a disability who requires an accommodation, contact the Department of Human Services at 508-375-6628.

Requests for sign language interpreter must be made at least 2 weeks prior to the meeting date.





**Together in Recovery**  
*Supporting Informed Decisions*

RIZE Massachusetts Foundation (RIZE) is committed to achieving zero stigma and zero deaths related to opioid use disorder by investing in meaningful solutions and engaging broad perspectives that will save lives, reduce harm, and end the opioid epidemic in Massachusetts.

RIZE launched *Together in Recovery (TiR)* to foster an accessible, integrated treatment and recovery network in Massachusetts that champions evidence-based approaches, supports multiple pathways to recovery, and puts people in charge of their treatment choices. This one-year initiative is exploring diverse viewpoints and experiences, and sharing research and data to enrich awareness of the full range of treatment and recovery options.

**Towards a Unified Vision**

TiR is guided by a Change Team of influencers – spanning peer, clinical, policy, family, and community roles – and is convening stakeholders and experts for one-on-one conversations, regional meetings, and a statewide event to deepen understanding of evidence-based approaches and person-centered strategies.

The initiative will culminate in the release of a blueprint for change that embraces a unified vision representing varied perspectives of treatment and recovery. The blueprint will offer specific steps for implementation, and be shared with treatment providers, recovery communities, policymakers, and the public to facilitate widespread support and action.

RIZE is partnering with [C4 Innovations](#) (C4) to plan and guide TiR. RIZE and C4 share a commitment to an accessible treatment network that meets patients where they are in their personal journey toward recovery, supports informed and shared decision-making, and coordinates treatment and services to support long-term recovery from opioid use disorder.

To learn more about *Together in Recovery*, please contact Julie Burns, President & CEO at RIZE Massachusetts Foundation ([julie.burns@rizema.org](mailto:julie.burns@rizema.org)) or Livia Davis, Chief Learning Officer at C4 Innovations ([ldavis@c4innovates.com](mailto:ldavis@c4innovates.com)).

**About RIZE**

[RIZE Massachusetts Foundation](#) is an independent nonprofit foundation working to end the opioid epidemic in Massachusetts, and reduce its devastating impact on people, communities, and our economy. We forge partnerships between the business community, health care sector, research institutions, and community leaders to disrupt the status quo on prevention and treatment of opioid use disorder, raise awareness that this is a chronic disease, and reduce stigma that impedes recovery.

Pause A While Inc.  
26 Giddiah Hill Rd  
Orleans MA  
pauseawhile.org

Pause A While Inc. (The Pause) is a center for recovery in Orleans MA. Its mission is to provide daily access to 12-Step recovery meetings (predominately AA related) to promote a sober lifestyle, and socialization. The Pause is not affiliated with any 12-Step recovery organization and is an independent 501c(3). The underlying 12-Step recovery meetings have been held at Pause A While's current location for 20 years. Pause A While is an all-volunteer organization.

On average there are four 12-Step meetings taking place at the Pause on a daily basis. Over 200 hundred people per day attend 12-Step meetings hosted at the Pause --560 distinct individuals per week. When the summer population of yearly repeat visitors is included, the number of distinct individuals easily reaches 1,000 within a year.

While the meetings currently held at the Pause are largely AA related-meetings, they are welcoming to both alcoholics and addicts. In fact, the vast majority of meeting attendees at the Pause are cross addicted: both alcohol and drug abuse.

In addition, Pause A While hosts Al-Anon meetings to support the loved ones, and families of those afflicted by alcoholism or addiction or both. These meetings include an Alateen meeting for children with one or both parents suffering from alcoholism and/or addiction.

There are 13 individual groups which meet at the Pause throughout the week including 4 core groups. The core groups have all been meeting at the Pause for the past 20 years and are some of the oldest groups in continuous existence on Cape Cod:

- The 7 am AA group, meets 7 days per week and averages between 70 to 80 people each morning. This group is approximately 35 years old and has been meeting at the current Pause A While facility for the past 20 years.
- The 5 pm AA Group, meets 7 days per week and averages between 70 to 80 people each evening. This group is approximately 30 years old and has been meeting at the Pause for 20 years.
- The noon time AA group meets 4 times per week, and averages between 25-30 people. This group is approximately 32 years old and has been meeting at the Pause for 20 years.
- Al-Anon meetings are held on Sunday, Tuesday and Thursday and average 30+ people; This group is approximately 27 years old has been meeting at the Pause for 20 years.

There are also 7 separate evening groups which meet on a weekly basis. These include a Men's AA Group, a Women's AA Group, a Women's AA Big Book Step Group, AA Beginners Welcome Meeting, Young Peoples AA Group, a Meditation Meeting, a Co-Dependency Group and, as mentioned, an Alateen meeting for children with one or both parents who are alcoholic/or addicts. Each of these groups average 20 people per meeting.

Currently Pause A While has a lease with the option to buy the current facility at 26 Giddiah Hill Rd. The lease and option to buy expires on December 31, 2022. If Pause A While Inc. is unable to purchase the facility, the lease will most likely *not* be extended past 2022. Pause A While Inc has launched a capital campaign raise the necessary funding to purchase the facility.

Pause A While is the largest facility of its type on Cape Cod and in Massachusetts.

### Program Overview

While Pause A While is not affiliated with AA or any other 12-Step meeting, it is worthwhile understanding the underlying characteristics of AA meetings as a model for recovery.

Currently AA meetings are the most popular 12-Step recovery meetings on Cape Cod due to a number factors: greater number of years of sobriety in the rooms, greater range of age groups and maturity, and finally length of sobriety in the halls of AA being defined as both clean and sober (no drinking, no illicit drugs, or prescription drug abuse). There are 300 AA meetings per week in Barnstable County (80 separate groups ) with approximately 3,000 members.<sup>1</sup> In contrast, there are only 38 meetings per week for Narcotics Anonymous (NA) on Cape Cod, and almost half of these are concentrated in the Falmouth and Bourne areas.<sup>2</sup> NA does not publish membership numbers.

According to AA National statistics, only 59% of AA members received some type of medical treatment, counseling or spiritual advice related to their drinking *before* coming to AA.<sup>3</sup> Forty one percent began their journey into sobriety directly with AA meetings. Many of these were brought to their first meeting either by another AA member or through family members already in AA.

AA group membership statistics, taken from the last survey conducted in 2014, are as follows: <sup>4</sup>

<u>Introduction to A.A.*</u>		<u>Membership Breakdown by Age</u>		<u>Breakdown by Lengths of Sobriety</u>	
Through an A.A. member	32%	Under 21	1%	Under 1 year	27%
Treatment facility	32%	Age 21-30	11%	Between 1-5 years	24%
Self-motivated	30%	Age 31-40	14%	Between 5-10 years	13%
Family	27%	Age 51-60	28%	Between 10-20 years	14%
Judicial System	12%	Age 61-70	18%	Greater than 20 years	22%
Other	26%	Age 70+	7%	Average length of Sobriety	10 years
				Avg. # Meetings/ Week attended	2.5

\*Does not add up to 100% as respondents were allowed multiple choices

\*\*The last member survey published by AA was in 2014 versus 1989 for NA. Comparing NA membership characteristics with AA as a result is not appropriate.

According to Pause A While observational data, attendance at the 7 am and 5 pm core AA meetings reflect the AA national statistics. According to AA statistics, the average AA member has 10 years sobriety and attends 2.5 meetings per week.<sup>5</sup>

<sup>1</sup> Number of Meetings and Groups Provided by Cape Cod AA Intergroup. Total estimate of AA members on Cape Cod is a Pause A While estimate calculated as follows: 300 meetings \* 25 people per meeting / average numbers of meetings attended by AA members according to AA Statistics.

<sup>2</sup> NA meeting list as retrieved from: <https://arnas.nema.org/cape-cod/?current-meeting=0&id=1>

<sup>3</sup> Alcoholics Anonymous General Services, (2019, January) Estimates of Groups and Members. As retrieved from: [https://www.aa.org/assets/en\\_US/p-48-membershipsurvey.pdf](https://www.aa.org/assets/en_US/p-48-membershipsurvey.pdf)

<sup>4</sup> AA General Service Office pamphlet, (2014) Alcoholics Anonymous Membership Survey, As retrieved from: [https://www.aa.org/assets/en\\_US/p-48-membershipsurvey.pdf](https://www.aa.org/assets/en_US/p-48-membershipsurvey.pdf)

<sup>5</sup> AA General Service Office pamphlet, (2014) Alcoholics Anonymous Membership Survey, As retrieved from: [https://www.aa.org/assets/en\\_US/p-48-membershipsurvey.pdf](https://www.aa.org/assets/en_US/p-48-membershipsurvey.pdf)